

For Immediate Release

**Mary Ann Masur, Performance Expert/Synergy Consultants One Of
41 Contributors In New Book To Be Released September 1, 2006**



BALTIMORE, Maryland, August 14, 2006 – Mary Ann Masur, Performance Expert/Synergy Consultants, is one of 41 women entrepreneurs whose expert chapter is featured in the newly released book: *Inspiration to Realization: Real Women Reveal Proven Strategies For Business, Personal, Spiritual and Financial Fulfillment (Volume III)*.

Mary Ann is a certified business coach with over twenty years experience optimizing team dynamics and organizational efficiencies. Her contribution draws on her unique understanding of the particular challenges of those who find themselves “overwhelmed at the helm™”. Her insight is translated into effective and practical advice useful to any woman seeking to realize her life’s goals and ambitions.

The book *Inspiration to Realization* offers a master plan for personal and professional breakthroughs and summits.

Divided into three sections -- spiritual, personal, and business/financial -- the topics covered include:

- How to say ‘no’ without feeling guilty
- Tips for creating the life you want... one decision at a time
- How to turn your small business into a brand-name success
- Tools to discover your secret weapon against stress and overwhelm
- How to experience total freedom every moment of every day

Masur’s chapter entitled “Do you mouse around with your power?” focuses on what power is, how people often give it up – how to prevent doing so and how to use it effectively.

This chapter will enable readers to:

- Improve their effectiveness with others
- Get better results by asking for what they want
- Be proactive and empowered to achieve their goals

Like a symphony of self accomplished female professionals, *Inspiration to Realization’s* authors reflect a varied group of successful artists, business owners, life coaches, consultants, CEOs, TV executives, inventors, and psychologists.

The book’s premise holds that women collectively share in the pursuit of a vibrant, well-rounded life. This book is simply about having it all.

To learn more about taking a proactive approach to life and to purchase a copy of ***Inspiration to Realization***, visit Mary Ann’s website www.synergy-consultants.net.

